



## Data Collection Worksheet

**Please Note:** The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

An accelerometer-based pedometer (e.g., Omron® HJ-112) is preprogrammed for each participant by a technician. Refer to the pedometer's instruction manual to program it properly. The objective is to measure the number of steps the participant takes per day. The pedometer should be worn for a minimum of 3 days to estimate the number of steps per day for an entire week.

The participant is provided with the pedometer and an instruction sheet with a picture showing the correct placement of the pedometer. The pedometer may be placed in the participant's pocket or clipped on a belt loop. In order to minimize the burden on the participant he/she is asked not to push any buttons on the pedometer after it has been programmed.

The following instructions should be provided to the participant:

1. Wear the pedometer all day, from the time you wake up until the time you go to bed.
2. Remove the pedometer only when swimming, showering, or during other water activities.
3. You should go about your normal routine while wearing the pedometer.
4. Non-ambulatory activities like a step machine, elliptical trainer, or rowing machine should be avoided because those activities cannot be measured properly.
5. If you have any questions or the device does not appear to be working properly call the technician at ####-####.

The technician should emphasize the importance of wearing the pedometer at all times during the period of data collection.

If the measurement is performed remotely (participant not coming to the research lab), the mailing to the participant should include: a pedometer in a well-protected envelope, instructions on how to use the pedometer, and a pre-stamped envelope with clear return address. It should be sent to the participant at least one day before the study, and followed up with a telephone call by study staff.

After the study period, the technician will obtain the pedometer, check that it is working properly, and thank the participant. Next, the data from the pedometer should be downloaded according to the instructions in the pedometer manual.

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Protocol source: <https://www.phenxtoolkit.org/protocols/view/151001>